

After watching the Women Who Wow episode featuring Pam Renard, take a moment to think about her story and the impact it may have had on you. Answer the questions below to engage in some self-reflection and/or group discussion.

1. Why is it important to serve or help others in need?

2. Tell us about a time in your life when you served or helped someone else. How did that make you feel?

3. What are the benefits of doing something outside of your comfort zone?

4. What is something you can do really well or something you are good at that you can use to help others?